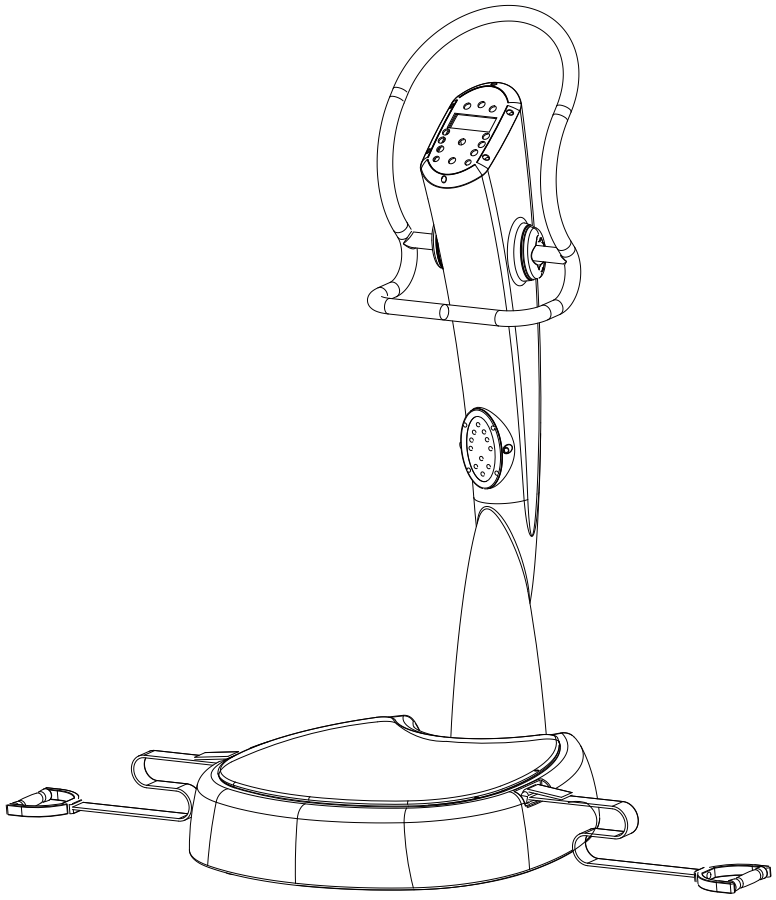

FOR MODEL :

V 2000

V 3000

HORIZON FITNESS

VIBRATION PLATE USER'S GUIDE

INTRODUCTION

Thank you for purchasing Horizon Fitness Vibration Plate

All content in this user's guide provide main information for correct use of the Horizon Vibration Plate (VP), in order to obtain great benefits, how to use it and training methods; moreover it explains the basic concepts to underline as the impulses produced mechanically from VP can intercept and/or simulate the natural movements. Please refer to the "Console Operation" section (page 16) and follow our special designed workout programs.

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IMPORTANT PRECAUTIONS

SAVE THESE INSTRUCTIONS

For your own safety and the safety of others, please read the following safety instructions carefully. Failure to read or follow these instructions may lead to serious injury. While the following list of medical condition may not complete, we strongly advise that you consult your physician before using the Horizon Fitness Vibration Plate, if any of the following conditions apply to you. If you have any questions after reading this manual, contact Customer Tech Support at the number listed on the back panel of this manual.

⚠ WARNING *To reduce the risk of burns, fire, electrical shock or injury to persons:*

- *Do not use if you have the following symptoms, Pregnancy / Acute Thrombosis / Migraine / Tumour / Cardiovascular Disease / Severe Diabetes / Epilepsy / Acute Hernia.*
- *It's recommended not to get on the platform with the joints stretched in maximum extension.*
- *Do not train the same area of the body more than three times a week.*
- *Do not use if you are recovering from a recent operation or surgery such as a hip or knee replacement.*
- *Do not use if you have recently placed IUD's, metal pins or plates.*
- *Inspect your vibration plate prior to exercise to ensure that all nuts and bolts are fully tightened.*
- *Keep the foil bag out of the reach of children, because the plastic bag may cause suffocation to your kids.*
- *Never pull the plug by the cable.*
- *Turn off the power switch after use.*
- *Vibration plate is NOT suitable to be used by children.*
- *Do not jump on the plate, this may damage the product.*
- *In case of visible damage, do not use the vibration plate anymore. Unplug the vibration plate and contact a technician. It may cause electric shock.*
- *Never try to repair the damages by yourself, but consult your local dealer.*
- *Switch off the vibration plate and disconnect the power supply before you clean the plate.*
- *If you use the item on a carpet, please make sure that the ventilation holes will not be covered.*
- *Only one person is allowed to use the machine at one time.*
- *This vibration plate should not be used by person weighting more than 120kg. Failure to comply will void the warranty. (150 kg for V3000 model)*
- *Stop using the vibration immediately if you feel uncomfortable or dizzy. Consult your doctor immediately when you feel sick, experience pain in joints or body, reaches abnormal heart rate or any other abnormal symptoms.*
- *Please keep massager dry and away from water, make sure the electric parts do not get wet.*
- *Total duration of the training (effective time: excluding rest time) is between minimum 5 minutes up to maximum 20 minutes. The interval among several modes training ranges from 30 to 120 seconds.*
- *It's recommended to drink some water before, during and after training.*
- *The dynamic training (with small extension movements of the involved area of the body in the vibration) may be introduced after 10-15 sessions.*
- *Do traditional stretching after the vibration at least for 2-3 minutes.*

- *Only in case of slimming training and for short periods it is possible to train twice a day for two weeks.*
- *It's absolutely not recommended to place on the V.P. any soft parts (and particularly chest, back, abdomen and naturally head): besides, it is suggested to reduce drastically to a minimum the sitting positions or those ones providing support on the platform with forearms to avoid that vibration affect low back or head.*
- *In case of tremors or pains to eyeball, it's suggested to raise your heels slightly in order to reduce the frequency of vibration.*

At NO time should pets or children under the age of 12 be closer to the vibration plate than 10 feet.
At NO time should children under the age of 12 use the vibration plate.
Children over the age of 12 should not use the vibration plate without adult supervision.

It is essential that you vibration plate is used only indoors, in a climate controlled room. If your vibration plate has been exposed to colder temperatures or high moisture climates, it is strongly recommended that the vibration plate is warmed up to room temperature before first time use. Failure to do so may cause premature electronic failure.

THE ORIGINE OF VIBRATION PLATE

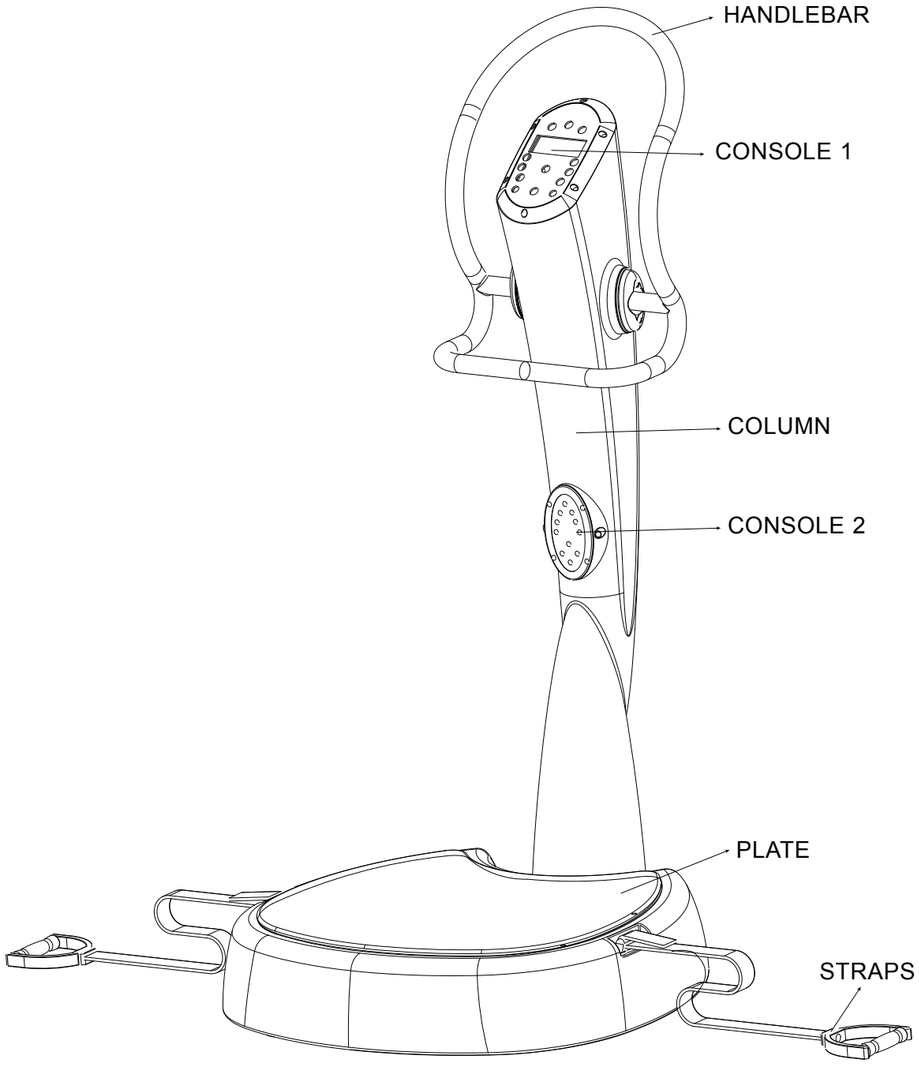
- *In the past the vibrations transmitted to human body by a mechanical equipment were studied exclusively only by Industrial Medicine.*
- *In the sixties, they were used in aerospace field because appropriate to prevent and resolve problems of osseous exfoliation of the astronauts during their more and more long voyages with no gravity.*
- *Thanks to a great Italian scientist Carmelo Bosco, who, towards the end of last century, studying the application of vibrations in sport activity, created a Vibration Plate, nowadays still used by NASA and several Sporting Organizations, National and International Federations, whose vibrations could integrate the traditional methods of training.*
- *Consequently, even fitness could enjoys benefits of this new equipment W.B.V. (Whole Body Vibration): transmission of vibrations to human body by a vibrant platform, determining a mechanical stimulation obtained by vertical sinus oscillations repeated at regular intervals over time.*
- *The V.P. produces, in amplified way, the natural vibrations impressed on walking and running to human body by the impact of the heel on the ground.*
- *Human body reacts to these vibrations thanks to reflex mechanisms that cause intense muscle contractions (automatic or by reflex) up to 100%.*

BENEFITS AND GOALS

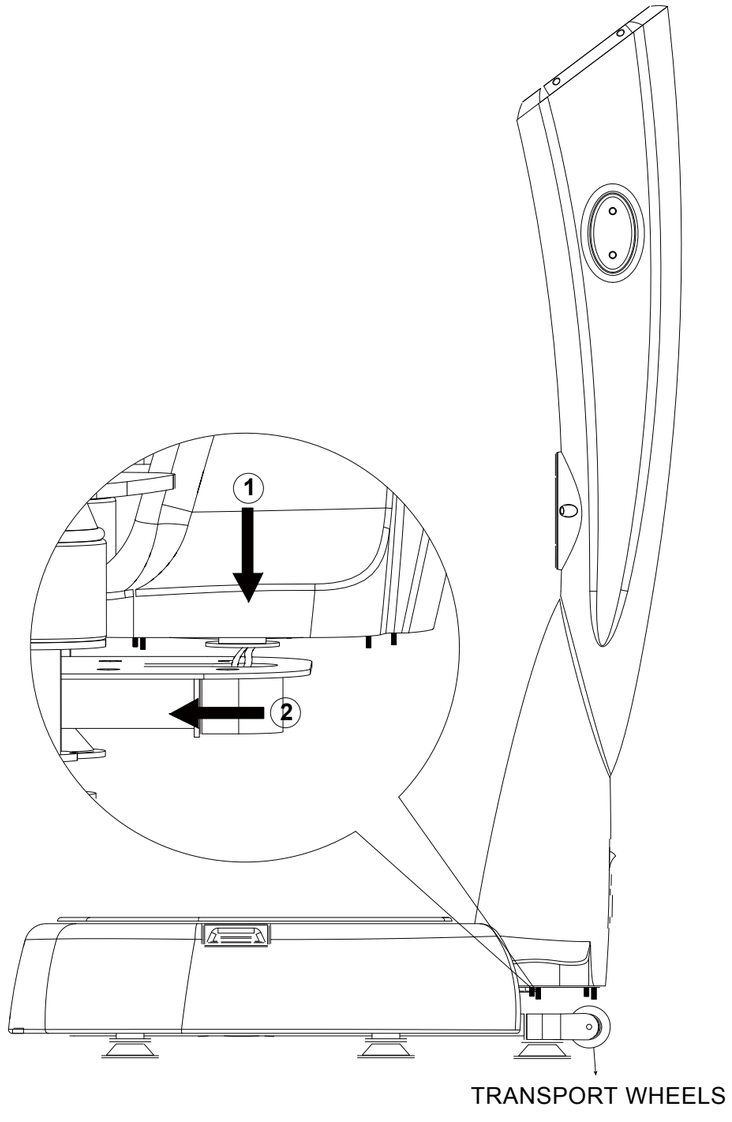
- *The stresses produced by the vibrations raise the muscle contraction about up to 30%.*
- *The muscular features which are stimulated by the vibrant activity cause a muscle strengthening with positive results upon explosive strength, power, endurance and flexibility.*
- *In addition it stimulates the hormones production (and specifically testosterone, growth hormone LHG) and reduction of cortisol (stress hormone), along with the natural production of serotonin and dopamine and histamine, which, further to reduce muscle pains, cause the same soft sensation of a running or a long walk.*
- *Reduction of muscle tension.*
- *Reduction of processes of osseous porosity.*
- *Reduction of muscle atrophy and hypotonic.*
- *Lymphatic drainage and anti-cellulites effect (blood reaches capillaries up to fifty times per second.)*
- *The use of V.P. avoids hard movements and possible trauma caused by traditional physical activity.*
- *Slimming effect (reduction of body fat) especially matched with diet control.*
- *V.P. produces greater benefits if combined with other exercises (natural or reproduced: cardio and strength fitness equipments, bike, walk, running, etc.)*

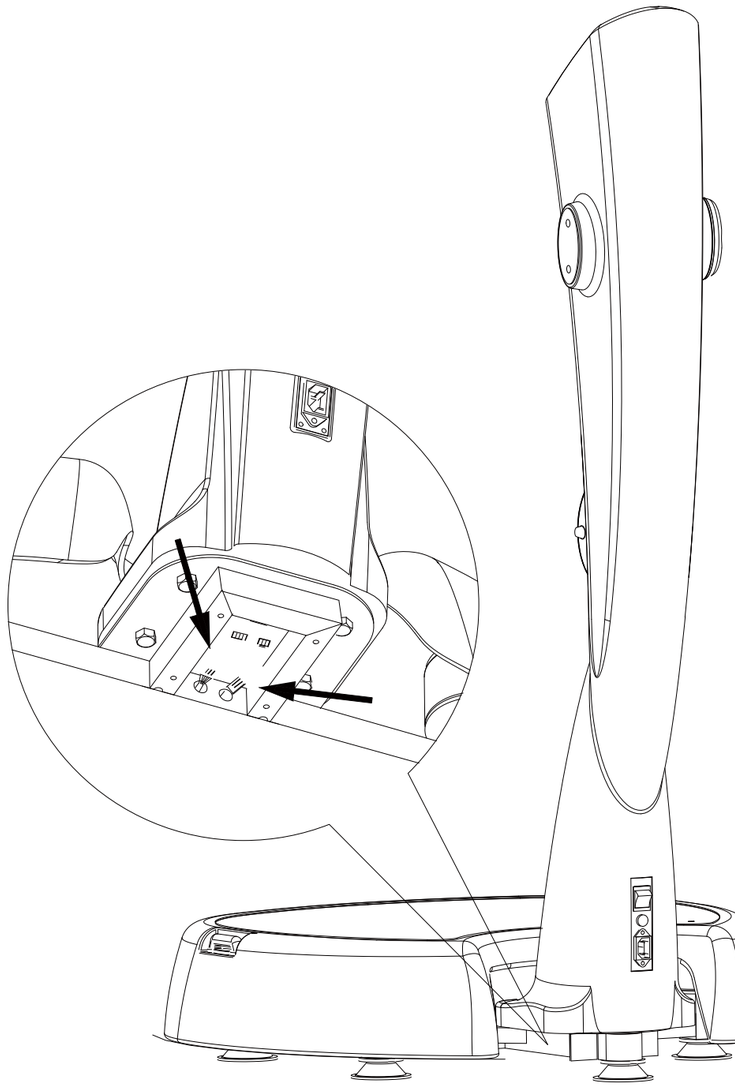
FEATURES

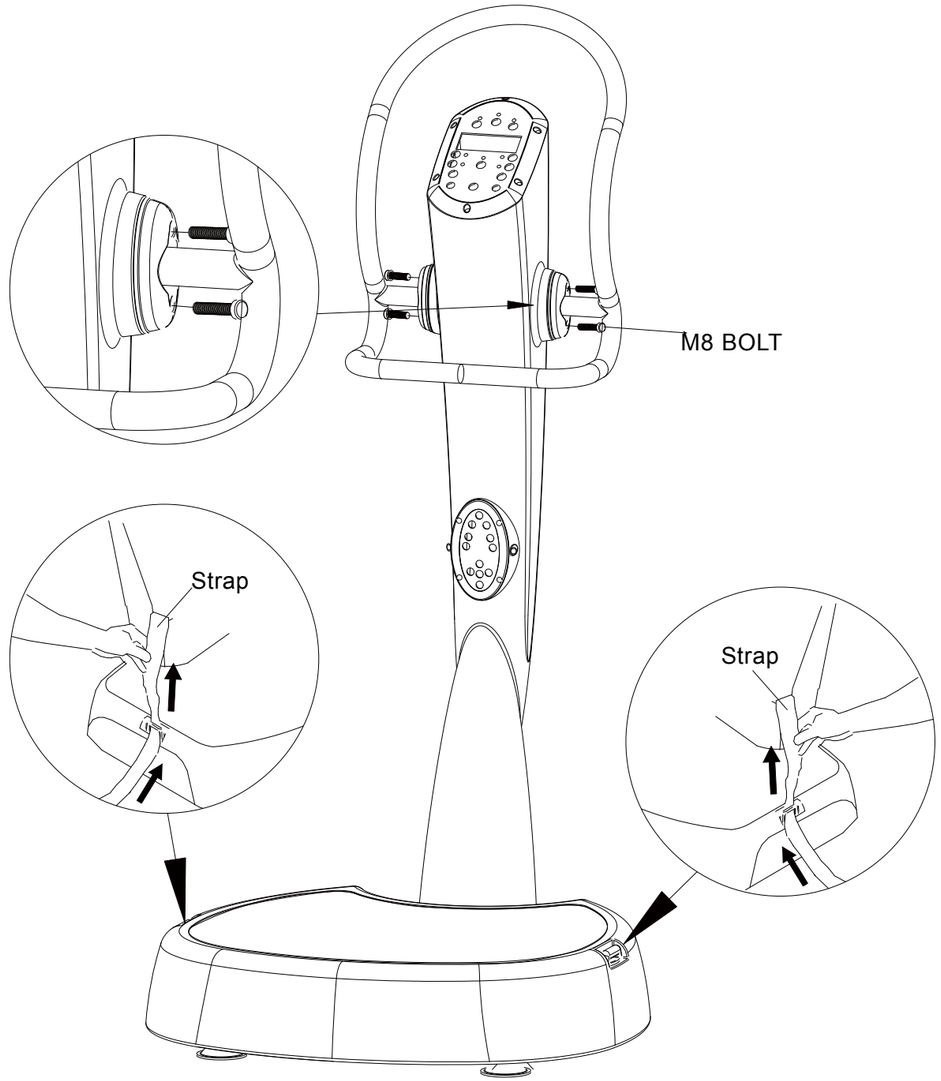
V2000 & V3000



ASSEMBLY GUIDE





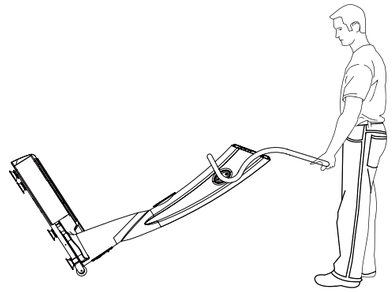

M8 BOLT
Strap
Strap

V2000 & V3000 OPERATION

POWER

Your Vibration Plate is powered by a power supply. The power must be plugged into the power jack, which is located in the rear of the machine.

WARNING ***Do not operate the vibration plate if the power cord or plug is damaged. If the vibration plate appears to not be working properly, do not use the vibration plate.***

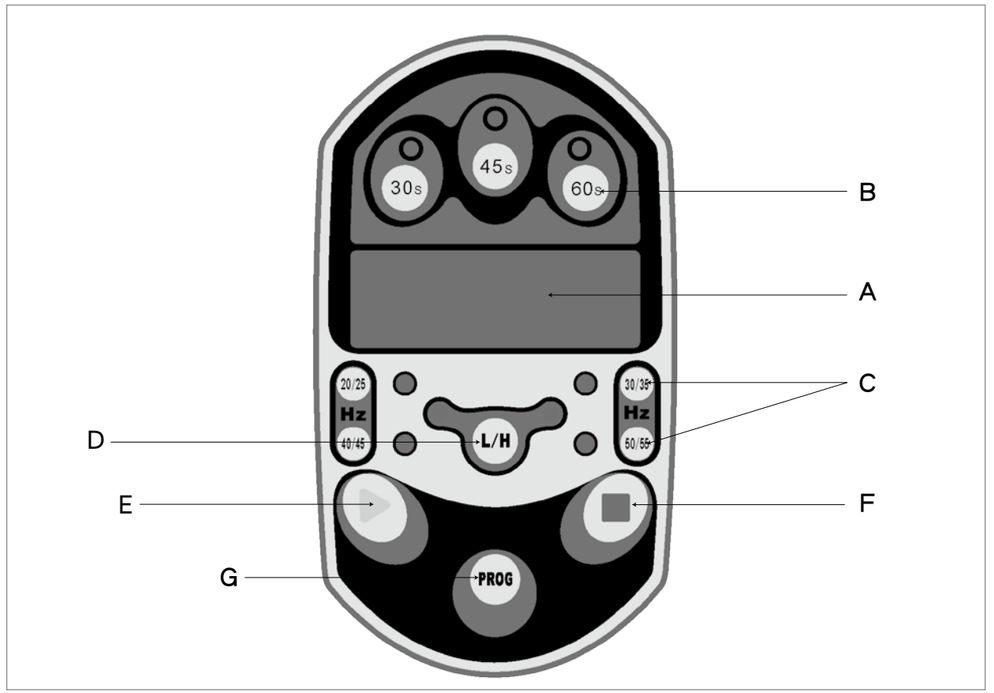


MOVING

Your Vibration Plate has a set of transport wheels. To move, first remove the power supply and firmly grasp the Handlebar, carefully tilt and roll.

WARNING ***Our vibration plates are well built and heavy, weighing up to 150 kg ! Use care and additional help if necessary when moving.***

V2000 CONSOLE DISPLAY



Note: There is a thin protective sheet of clear plastic on the overlay of the console and should be removed.

A) DISPLAY WINDOW: *Show program, time selection, Hz selection, count down, and scrolling pause wording.*

B) 30s, 45s, 60s: *Timer quick keys, press to change the desire training duration.*

C) 20/25, 30/35, 40/45, 50/55 Hz: *Hz quick keys, press to change the desire training level. For example, press 20/25 once to select 20Hz, press twice to switch to 25Hz.*

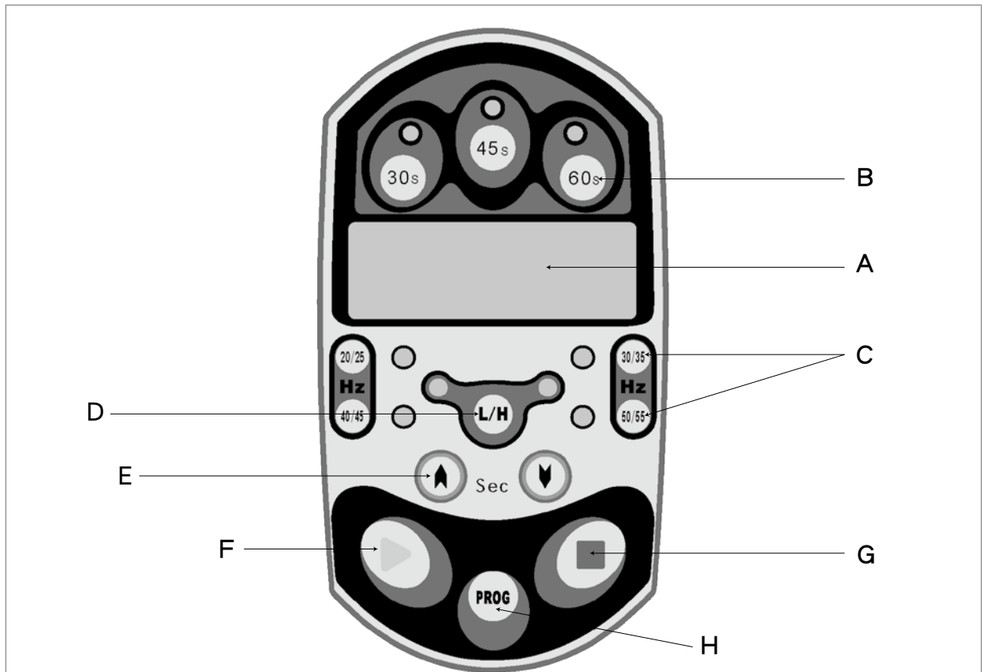
D) L/H KEY: *Press to switch between Low & High frequency.*

E) START KEY: *Press to begin the workout.*

F) STOP KEY: *Press once to pause the workout, press twice to reset.*

G) PROG KEY: *Press to switch into different programs.*

V3000 CONSOLE DISPLAY



Note: There is a thin protective sheet of clear plastic on the overlay of the console and should be removed.

A) DISPLAY WINDOW: *Show program, time selection, Hz selection, count down, and scrolling pause wording.*

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C) 20/25, 30/35, 40/45, 50/55 Hz: *Hz quick keys, press to change the desire training level. For example, press 20/25 once to select 20Hz, press twice to switch to 25Hz.*

D) L/H KEY: *Press to switch between Low & High frequency.*

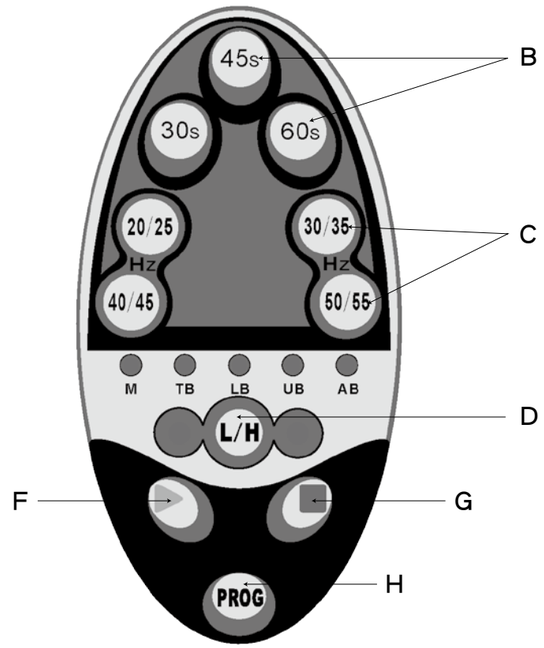
E) UP & DOWN TIMER KEY: *Press up or down key to change to desire time setting by one second.*

F) START KEY: *Press to begin the workout.*

G) STOP KEY: *Press once to pause the workout, press twice to reset.*

H) PROG KEY: *Press to switch into different programs.*

V2000 & V3000 SMALL CONSOLE



The quick key bottoms work same as the MAIN CONSOLE.
(Please refer to V3000 Console Display section.)

CONSOLE OPERATION

Repeatedly press the PROG. Button, 5 different programs will display on the display windows in a row.

M = MANUAL
TB = TOTAL BODY
LB = LOWER BODY
AB = ABDOMINAL
UB = UPPER BODY

QUICK START (MANUAL Mode)

1) *Press PROG key until the symbol M appears on the display.*

2) *Press any of the TIMER quick keys to fix training time. (30s/45s/60s).*

3) *Press any of the HZ quick keys to fix the workout levels (20/25, 30/35, 40/45, 50/55 Hz)*

4) *Press START key to begin workout.*

After 5 seconds you can start training.
The count down will display on the display window.
Once finished, you have to program VP again for next training.
The frequency (Hz) cannot be changed during workout.
If you would like to switch into other workout program during workout, please press STOP key twice to reset.

QUICK START (TB, LB, AB,UB Mode)

1) *Press PROG key until the desired program symbol display on the window.*

2) *Press START key to begin workout, and get ready for position no. 1.*

The user must position on the Vibration Plate in the posture no. 1 scheduled for chosen training – the digit 1 will start flashing on the screen indicating that you should train in the posture shown in the EXERCISE INSTRUCTION mentioned below.
Once started workout, on the display window will appear the countdown until the end.
While the first position countdown finished, digit 2 will flash on the display window and alert the user to adopt posture no. 2.
Over the last 5 seconds of time, 5 beeps alert the user that the next workout posture is going to begin.
You can start training again with posture n. 2, and do the same with the different scheduled postures for chosen exercise instruction.
During the rest time is possible to change Hz training frequency for next posture.
If you would like to switch into other workout program during workout, please press STOP key twice to reset.

EXERCISE INSTRUCTIONS

TB Mode TOTAL BODY

NUMBER ON DISPLAY	POSTURE FIGURE	Hz	TIME	L/H	REST
1	A01	35	60	Low	30
2	A14	40	30	Low	30
3	A06	35	30	Low	30
4	A08	40	30	Low	30
5	A07	40	30	Low	30
6	A17	40	30	Low	30
7	A15	40	45	Low	30
8	A22	35	30	Low	30

NUMBER ON DISPLAY	POSTURE FIGURE	Hz	TIME	L/H	REST
9	A05	50	45	Low	30
10	A21	35	30	Low	30
11	A19	35	30	Low	30
12	A02	35	30	Low	30
13	B02	35	45	Low	30
14	B01	35	45	Low	30
15	B04A	35	30	Low	30
16	B04B	35	30	Low	

** Please match the number shown on the "POSTURE FIGURE" section with the "EXERCISE INSTRUCTIONS" section (page 22~31) for best workout result or simply follow the Exercise Instruction Card.*

LB Mode LOWER BODY

NUMBER ON DISPLAY	POSTURE FIGURE	Hz	TIME	L/H	REST
1	A01	35	60	Low	30
2	A03	35	45	Low	30
3	A15	40	30	Low	30
4	A05	40	45	Low	30
5	A18A	45	30	Low	30
6	A18B	45	30	Low	30
7	A04A	45	30	Low	30
8	A04B	45	30	Low	30

NUMBER ON DISPLAY	POSTURE FIGURE	Hz	TIME	L/H	REST
9	A02	35	30	Low	30
10	A19	35	30	Low	30
11	A20	35	30	Low	30
12	B02	35	45	Low	30
13	B01	35	45	Low	30
14	B04A	35	30	Low	30
15	B04B	35	30	Low	30
16	B07	35	30	Low	

** Please match the number shown on the "POSTURE FIGURE" section with the "EXERCISE INSTRUCTIONS" section (page 22~31) for best workout result or simply follow the Exercise Instruction Card.*

EXERCISE INSTRUCTIONS

AB Mode ABDOMINAL

NUMBER ON DISPLAY	POSTURE FIGURE	Hz	TIME	L/H	REST
1	A01	35	60	Low	30
2	A15	35	45	High	30
3	A13A	35	45	High	30
4	A13B	35	30	High	30
5	A23	35	45	High	30
6	A24	35	30	High	30
7	A25	35	30	High	30
8	A11	35	45	High	30

NUMBER ON DISPLAY	POSTURE FIGURE	Hz	TIME	L/H	REST
9	A12	35	60	High	30
10	A16	45	30	Low	30
11	B01	35	45	Low	

** Please match the number shown on the "POSTURE FIGURE" section with the "EXERCISE INSTRUCTIONS" section (page 22~31) for best workout result or simply follow the Exercise Instruction Card.*

UB Mode UPPER BODY

NUMBER ON DISPLAY	POSTURE FIGURE	Hz	TIME	L/H	REST
1	A01	35	60	Low	30
2	A14	35	30	Low	30
3	A08	40	30	Low	30
4	A06	35	30	Low	30
5	A07	35	30	Low	30
6	A17	35	30	Low	30
7	A09	35	30	Low	30
8	A08	35	30	Low	30

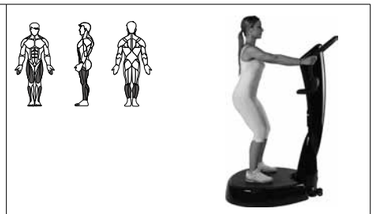
NUMBER ON DISPLAY	POSTURE FIGURE	Hz	TIME	L/H	REST
9	A15	40	45	Low	30
10	D01	35	45	Low	

** Please match the number shown on the "POSTURE FIGURE" section with the "EXERCISE INSTRUCTIONS" section (page 22~31) for best workout result or simply follow the Exercise Instruction Card.*

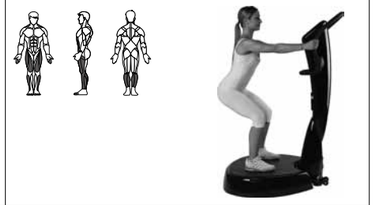
EXERCISE INSTRUCTIONS

A / Strength

A 01 SQUAT
Stand on the vibration plate with feet shoulder width apart. Keeping the back straight and knees slightly bent, gently squeeze the leg muscles. You should feel tension in your quadriceps, buttocks and back.



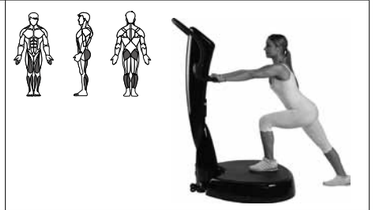
A 02 Deep Squat
Stand on the vibration plate with feet flat and shoulder width apart. Keeping the knees directly above the feet at a 100 degree angle, gently bend the legs and squeeze the leg muscles. Keeping the back straight, bend the upper body forward. This exercise aims to strengthen the back, buttocks and legs.



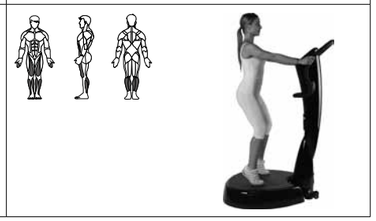
A 03 Wide Stance Squat
Stand on the vibration plate with legs wide apart and toes turned outward. Keeping the knees directly above the feet at a 100 degree angle, gently bend the legs. You should feel tension in the back, buttocks, quadriceps and inner thigh area.

A 04a Lunge Right
Place right foot in the middle of the VP and step back with the other, planting it firmly on the ground behind. Keeping the back straight and the knees directly above the toes, squeeze the leg muscles. You should feel tension in the hamstrings, quadriceps and buttocks.

A 04b Lunge Left
Place left foot in the middle of the VP and step back with the other, planting it firmly on the ground behind. Keeping the back straight and the knees directly above the toes, squeeze the leg muscles. You should feel tension in the hamstrings, quadriceps and buttocks.

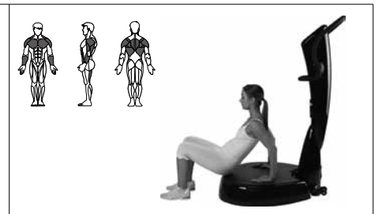


A 05 Calves
Standing in the centre of the vibration plate, rise up on to the balls of the feet. Keeping your back straight and abdomen tight, you should begin to feel tension in your calf muscles. To add variation to the exercise, try bending your knees to 90 degrees.



A / Strength

A 06 Triceps Dip
Facing away from the vibration plate, firmly grip the edge and push upwards. Now bend the arms slightly and lower the hips toward the plate, squeezing the shoulder blades together. You should feel the tension in your upper arms and shoulders. For variation, repeat the exercise with your legs straight.

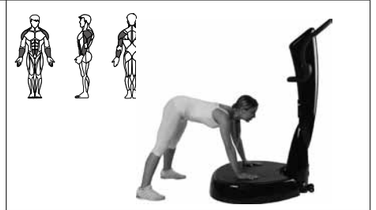


A 07 Biceps Curl
Position your toes slightly under the edge of the unit for support and hold the straps tightly at waist height. Knees should be slightly bent, back and wrists kept straight. Pull your arms upward. You should feel tension in the shoulders and biceps.

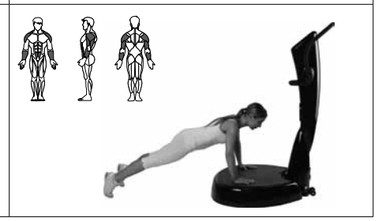
A 08 Bent Over Pull
Stand in front of the vibration plate. Pull the belts upward on the side of your body. Push your chest out and shoulder-blades together. Pull your arms backwards in a smooth motion and you should feel tension in your upper back and shoulder area.

A 09 Front Raise
Stand in front of the vibration plate, legs shoulder width apart and raise both arms horizontally in front of your torso. Keeping your back straight and abdomen strong, pull the straps upward. For variation, perform the same exercise from a standing position on the Power-Plate.

A 10 Shoulder Press
Position the body in a horizontal line parallel with the vibration plate. Hands should be shoulder width apart, legs and back straight, head raised. Using slow and controlled movements push your slightly bent arms toward the vibration plate, then return to the starting position. This exercise is perfect for shoulders and upper arms.



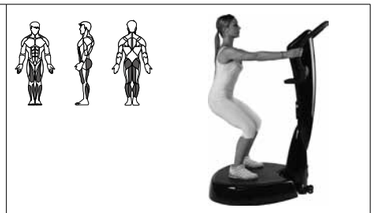
A 11 Lower Abdominals
Put your hands on the base and hold onto the front edge of the vibration plate. Now, with a straight back, pull your buttocks up slowly as if you wanted to pull the Plate toward your feet. You should feel tension in your abdominal region. To vary the routine, perform the same exercise from a kneeling position.



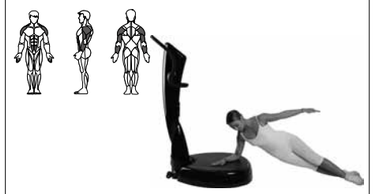
EXERCISE INSTRUCTIONS

A / Strength

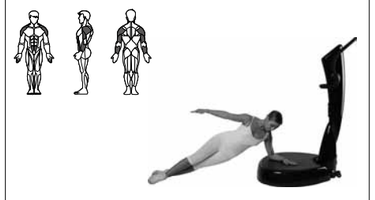
A 12 Standing Abdominals
Stand in the center of the vibration plate, feet shoulder width apart, holding the railing at chest height. Keeping the back straight and legs slightly bent, push your upper torso down. Immediately you'll begin to feel tension in your abdominal muscles. To vary the exercise simply bend your arms further.



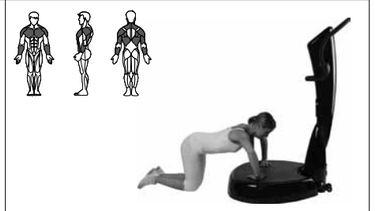
A 13a Lateral Abdominals Right
With left foot directly behind the other, place one elbow on the vibration plate and lean sideways. Keeping your head, torso and legs straight, push your shoulders down and tighten your torso simultaneously. This exercise works the lateral abdomen. To add variation try pushing your hips upward at the same time!



A 13b Lateral Abdominals Left
With right foot directly behind the other, place one elbow on the vibration plate and lean sideways. Keeping your head, torso and legs straight, push your shoulders down and tighten your torso simultaneously. This exercise works the lateral abdomen. To add variation try pushing your hips upward at the same time!

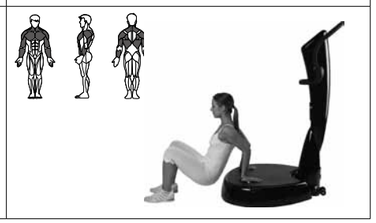


A 14 Push Up
Kneel in front of the vibration plate, placing hands on the plate shoulder width apart with fingers facing inward. With a straight back and strong abdomen, push off the vibration plate platform. This exercise will strengthen chest, shoulder muscles and triceps. For variation, try straightening your legs and lifting your knees.



A 15 Abdominal Crunch
Sit across the vibration plate, slightly rise your torso and legs forming an angle of 90°. Keep the position squeezing the abdominal throughout the training.

A 16 Lattisimus Dip
Place the handles on the mat shoulder width apart. Keeping wrists and forearms straight. It is important to keep the hips straight and to push the shoulders downward. This exercise promotes muscular arms, shoulders and abdomen. Try doing the same exercise but this time keep your legs straight.



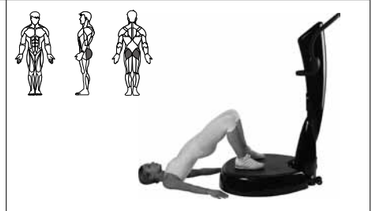
A / Strength

A 17 Lateral Raise
Stand in front of the Vibration Plate and hold the belts at the height of your shoulders. Arms must be stretched out, palms towards the floor, push your arms upward in order to stretch the belts. Contract the abdominals. Keep the position.
II version: you can perform the same exercise by stepping on the VP in a squat position so that you can train arms and legs.

A 18a Femoral Biceps Right
Lie in front of the unit with arms along your side on the ground, put your right heel on the base while the other leg cross your knee.

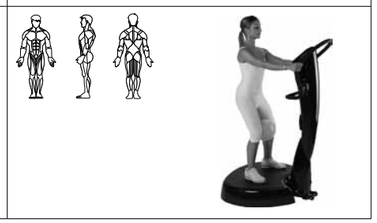
A 18b Femoral Biceps Left
Lie in front of the unit with arms along your side on the ground, put your left heel on the base while the other leg cross your knee.

A 19 Gluteus
Starting from the supine position on the floor or on a step, in front of the VP with your feet on the base, arms stretched along your hips, push your pelvis upward lifting it up and contracting the gluteus. Keep this position.

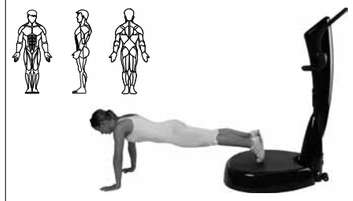
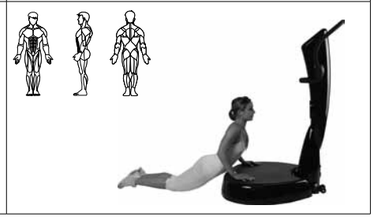


A 20 Power Squat
Get into a squat position on the Plate gripping the two straps in your hands. Bend your knees and stretch them not completely.
Keep hold on the initial position.

A 21 Adductor
Stand on the Plate with your knees bend at 120° holding a ball between your legs. Your arms can be stretched ahead or you can place them on the handlebar.

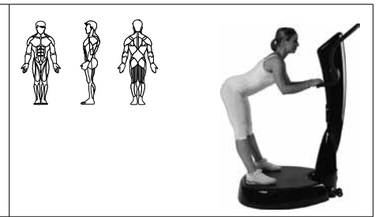
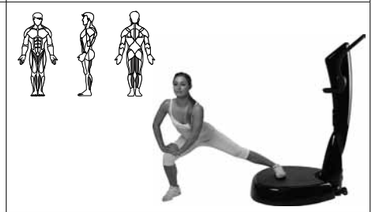
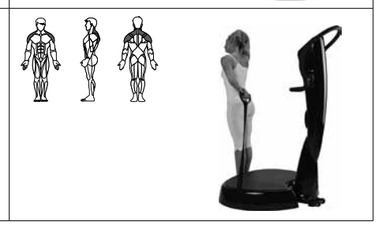


A / Strength

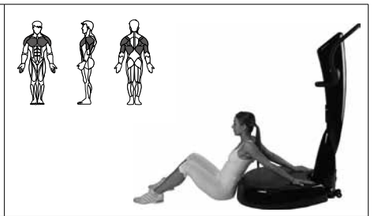
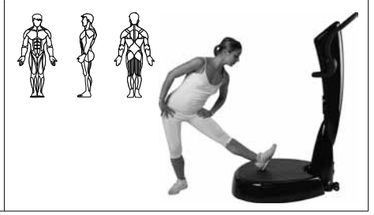
A 22 Shoulders Standing on the VP, with your legs slightly bent, straight torso, pull the straps upwards with your elbows high, be careful to hold hands downwards.	
A 23 Abdominals Get into a “push up” position with your body in parallel with the floor, the tip of your toes on the plate and the palm of your hands on the floor, arms stretched.	
A 24 Abdominal Arch Stand at about one meter in front of the VP. Bend down keeping your legs stretched and lean on the base with your forearms, holding the edge of the VP with your fingers. Raise up on the tip of your feet contracting your abdominals. Keep this position.	
A 25 Abdominal Hands on the plate with your arms stretched, head slightly raised and pelvis lowered. Then push up with pelvis low.	

EXERCISE INSTRUCTIONS

B / Strength

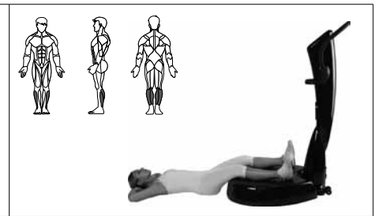
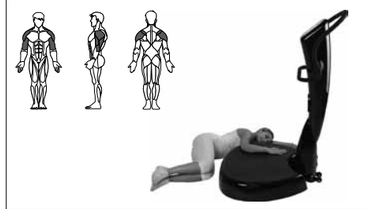
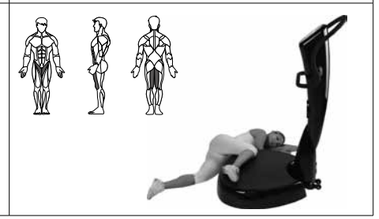
B 01 Hamstring Stretch Position your body in a wide stance on the Vibration Plate, buttocks pushed backwards. Hold the handles, let your upper torso drop as far forward as possible. This exercise will stretch the buttock and hamstring muscle groups. Alternatively, stand up straight and let your upper torso and arms drop forward.	
B 02 Quadriceps Stretch Place one shin on the vibration plate - ensuring the foot remains off the Plate! Keeping the upper body and back straight, tense your stomach. By pushing your pelvis forward you’ll be stretching your quadriceps. Vary this exercise by pulling the rear leg forward.	
B 03 Calf Stretch Stand sideways on the vibration plate, with one leg in front of the other and toes facing forward. The front leg should be slightly bent, the rear leg is straight. Push the heel of the rear leg down and you should feel tension in your calves. To vary this exercise, keep your back straight and push your pelvis forward.	
B 04a Adductor Stretch Right Stand sideways on the VP with your feet near the support column. Place the left foot on the floor close to the plate so legs are apart. Bend the left leg while keeping the right leg straight. Keeping the upper body straight, lower your buttocks to the floor. This exercise will stretch the inside of your thighs.	
B 04b Adductor Stretch Left Stand sideways on the VP with your feet near the support column. Place the right foot on the floor close to the plate so legs are apart. Bend the right leg while keeping the left leg straight. Keeping the upper body straight, lower your buttocks to the floor. This exercise will stretch the inside of your thighs.	
B 05 Shoulder Stretch Stand with your back to the vibration plate and use your left hand to pull the strap up to your buttocks. Your right hand placed on your head and pulling it slightly to the right. This shoulder stretch works best by alternating sides.	

B / Strength

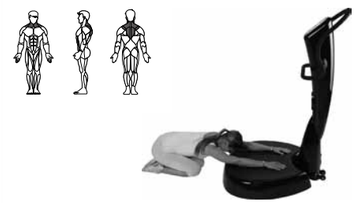
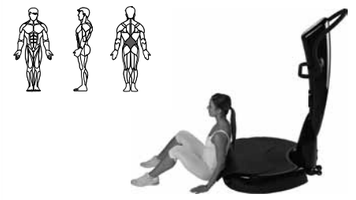
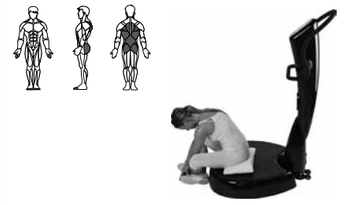
B 06 Pectoral Stretch Sit with your back to the vibration plate. Now hold the vibration plate behind your back so that your fingers grip the edges. By pushing your shoulders down you'll stretch your chest and shoulders. You may also gently pull the straps on either side for optimum results.	
B 07 Stretching Back Thighs Put your heel on the middle of platform with leg stretched, the other on the side at one meter from the vibration plate and torso slightly bent.	

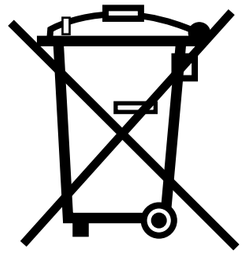
EXERCISE INSTRUCTIONS

C / Massage

C 01 Calf Massage Lie in front of the unit with both calves resting on the vibration plate, toes pointing toward the ceiling. The rest is easy, simply relax and enjoy an invigorating calf massage.	
C 02 Upper Arm Massage Lie sideways facing the unit, with legs slightly bent. Ensure the frontal mat extends slightly over the edge. Rest one arm on the vibration plate and relax.	
C 03 Adductor Massage Lie on your side facing the vibration plate. Slightly bend one leg and rest it on the vibration plate. Making sure your body does not touch the Plate. Now repeat the massage with the other leg.	

D / Relaxation

D 01 Shoulder & Neck Relaxer Kneel down in front of the vibration plate with your arms outstretched. Keep your back and neck straight. Now pull your upper body back while resting your arms on the plate. This exercise will relax your neck and shoulder area.	
D 02 Lower Back Relaxer Sit on the floor facing away from the vibration plate with your legs apart. Place the mat between your body and the vibration plate and hold the edge's for support. Relax during the vibration, targeted primarily in the lower back. As an alternative, angle your legs and push your body harder against the vibration plate.	
D 03 Upper Body Relaxer Sit facing away from the vibration plate, with your legs bent. Using your elbows for balance, raise your upper body off the vibration plate. Keeping your neck and back straight, pull your shoulders back. The vibration will relax your upper body.	
D 04 Back Relaxer Sit in the center of the vibration plate placing the cushion under your buttocks with legs apart. Allow your upper body to relax forward. You should feel a pleasant vibration relaxing the back, hip and thigh areas.	



D:
Entsorgungshinweis Horizon Fitness/Vision Fitness - Produkte sind receyclebar. Führen Sie das gerät am Ende der Nutzungsdauer einer sachgerechten Entsorgung zu (örtliche Sammelstelle).

GB:
Waste Disposal Horizon Fitness/Vision Fitness products are recyclable. At the end if its useful lifeplease dispose of this article correctly and safely (local refuse sites).

F:
Remarque relative à la gestion des dèchets Les produits Horizon Fitness/VisionFitness sont recyclables. A la fin sa durrèed'utilisation, remettez l´appareil à un centre de gestion de dèchets correct (collectelocale).

NL:
VerwijderingsaanwijzingHorizon Fitness/Vision Fitness producten zijn recycleerbaar. Breng het apparaataan het einde van de gebruiksduur naar een vaekundig verzampel-bunt voorrecycling.

E:
Informaciones para la evacuaciònLos productos de Horizon Fitness/Vision Fitness son riciclables. Cuando se terminala vida ùtil de un aparato o una màquina, entrèguelos an una impresa local deeleiminaciòn de residuos para su reciclaje.

I:
Indicazione sullo smaltimentol prodotti Horizon Fitness/Vision Fitness sono reciclabill. Quando l'apparecchionon servirà più, portatelo in un apposito punto di raccolta della Vostra città(Punti di raccolta comunall).

PL:
Wskazòwka dotyczàca usuwania odpadòw.Producty firmy Horizon Fitness/Vision Fitness podlegajà recyklingowi. Pod koniecokresu o'ywalnoÈcl pros'z oddac urzàdzenie do wlaÈciwego punkto usuwaniaodpadòw (lokalny punkt zbiorczy).

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